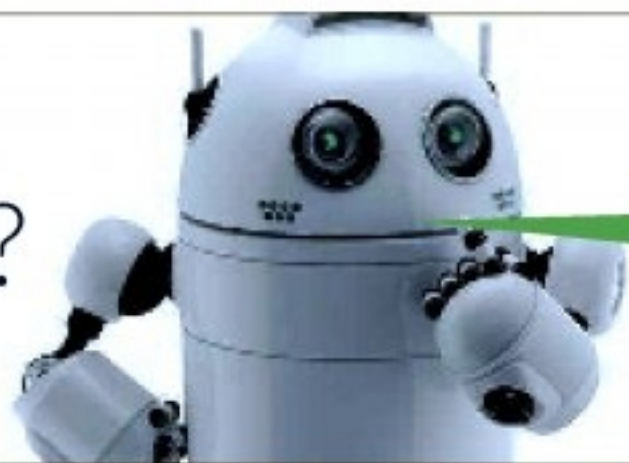


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High 10°C/Low 3°C Rain



JEFF HARPER/METRO

STORIES *and* SMILES

Mayor gives reading as Halifax Public Libraries
welcomes donation from Autism Nova Scotia

metroNEWS

The system failed, says grieving mom

Nova Scotia's **MENTAL HEALTH**
EMERGENCY

**Son's suicide a
part of a 'crisis'
the province isn't
prepared to handle**



**Yvette
d'Entremont**
Metro | Halifax

A Nova Scotia mother whose son committed suicide earlier this year is calling on the province to devote more resources to what she calls a mental health epidemic.

On Jan. 5, Christopher Bagnell took his own life after years of battling depression, anxiety and obsessive compulsive disorder.

He was 20 years old.

"He was such a smart child. He always talked about becoming a dentist or becoming someone that was going to produce music," his mother Brenda Lee MacDonald said in an interview.

"All his dreams were taken away. This illness completely took over. It was a monster."

MacDonald started an online petition calling for a mental health mobile crisis team on Cape Breton Island similar to the one that operates in Halifax.

Her petition has so far garnered more than 1,200 signatures.

But the grieving mother has also started speaking out about what she calls a crisis situation that will only worsen if the province doesn't start funneling more resources into mental health.

"The medical system is not ready for this crisis. They're not prepared. We need more doctors and we need more people trained in mental health," MacDonald said.

"I want more awareness and more money put into mental health. We have an epidemic here."

MacDonald herself suffers from depression and obsessive compulsive disorder and said she knows firsthand more resources are critical.

She said since going public about her son's suicide, she has heard from "many, many" parents in Cape Breton and across Nova Scotia dealing with situations comparable to what she went through with her son.

More coverage, page 7



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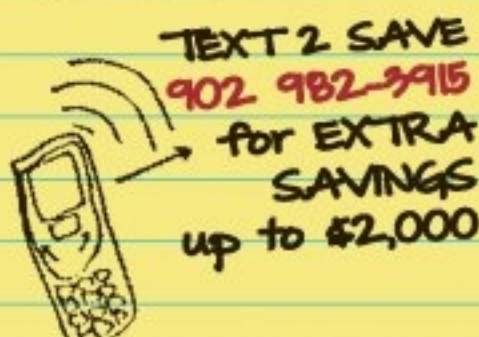
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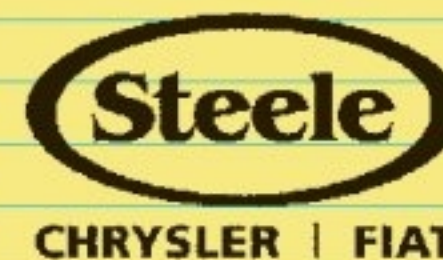


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5

THINGS GOING ON IN HALIFAX THIS WEEKEND

Tea festival, pro basketball action, a musical, cosmic drag queen bingo and a garage sale billed as the world's largest are all on tap this weekend in our city.



Nicole Gnazdowsky
For Metro | Halifax



JEFF HARPER/METRO

1 Shrek the Musical

Shrek the Musical continues its run this weekend at the Neptune Theatre. Based on the Dreamworks motion picture, the comedic show includes original songs, and exciting dance numbers that will entertain the entire family. **Showtimes this weekend are Friday at 7:30 p.m., Saturday at 4 p.m. and 8:30 p.m., and Sunday at 2 p.m. and 7:30 p.m.** The show runs for about two and a half hours and will be at the theatre until May 29. **Tickets start at \$27.**



JEFF HARPER/METRO

2 Cosmic Drag Queen Bingo

Local drag queens bring a touch of fabulous to the Halifax Forum for the seventh annual installment of Cosmic Drag Queen Bingo **on Saturday**. The drag queens promise a night full of larger than life performances, four fiercely fabulous games, and a 50/50 draw. All proceeds will be shared with Feed Nova Scotia. Doors open at 9 p.m. with the event beginning at 10 p.m. **\$15 for three cards, or double your chances to win with six cards for \$20.** Event is 19+.



CONTRIBUTED

3 Tea festival

The second-annual tea festival takes place **Saturday** at the Halifax Forum with festivities tea-ing off **at 10 a.m.** There will be local vendors, artisans and tea experts on site with samples, tealeaf readings, and workshops including lessons on loose leaf 101, and owning your own tea business. **Tickets are \$8 in advance and \$10 at the door** and include entrance, a huge array of samples, a small henna tattoo, and access to the full day of workshops.



JEFF HARPER/METRO

4 'World's largest' garage sale

Take advantage of spring-cleaning finds from attics, basements and garages all over Atlantic Canada, along with antique dealers and craft vendors at the "world's largest" garage sale at the Halifax Exhibition Centre **on Saturday**. There will be over 600 tables to browse through, **admission is \$4** and the event runs **from 9 a.m. to 4 p.m.**



JEFF HARPER/METRO

5 Halifax Hurricanes

The Halifax Hurricanes will take on the Saint John Mill Rats back-to-back this weekend; **Saturday night** in Saint John and on home court at the Scotiabank Center **Sunday at 2 p.m.** **Tickets are \$19 at the door or \$12.50 for students.** The Hurricanes are in first place in the NBL's Atlantic Division, with Saint John, second, so the match-up should be a good one.

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WINDSOR

Brothers charged with animal cruelty

Harold Morash, 80, and Ralph Morash, 78, both of Windsor, now know when their respective trials for allegations of cruelty to animals, assault and uttering threats will be.

Harold Morash is charged with two counts of uttering a threat to cause bodily harm or death, for the purpose of compelling a person to abstain from obtaining equipment owned by the Department of Agriculture, by using threats of violence; and carrying, using or threatening to use a weapon, a metal pipe, to commit an assault.

It's alleged that these offences were committed in Windsor on Jan. 15, 2016.

Harold is also charged with causing 14 beef cattle to be in distress, permitting 14 beef

cattle to be in distress and permitting one bull to be in distress in Windsor between Oct. 2 and Dec. 2, 2015.

Harold's defence lawyer Chrystal MacAulay pleaded not guilty to all of the charges on Morash's behalf in court April 5. The matters were adjourned to Sept. 30 for trial.

Harold is also charged with failing to comply with a court order by Judge Claudine MacDonald, pursuant to the Animal Protection Act, restraining him from having sole custody or possession of animals for five years.

Harold pleaded not guilty to that charge on Dec. 21, 2015.

That matter has been adjourned to Oct. 21 for trial.

TC MEDIA

SEXUAL ASSAULT

Doctor no-shows court appearance



Brenlee Brothers
For Metro | Halifax

A Halifax doctor who has been charged with sexual assault and sexual exploitation did not appear in court Thursday.

Dr. Nebojsa Sparavalo was set to appear in the Halifax Provincial Court on Thursday

for sexually assaulting a patient in March 2015.

According to Halifax police, the 17-year-old victim went to the Victoria General hospital in Halifax last March for a procedure, where he was sexually assaulted while being treated.

Police were made aware of the alleged assault in October.

Sparavalo was working out of the Victoria General site of the Queen Elizabeth II Health Sciences Centre with a clinical assistant licence.

According to the Nova Scotia College of Physicians and Surgeons website, Sparavalo graduated in 1975 from the University of Sarajevo Faculty of Medicine.

+ COURT DATE

Sparavalo's lawyer appeared on his behalf on Thursday. The case will be back in court on May 10.



Friends and guests attending the memorial service for **Kristin Johnston** are encouraged to share their photographs and memories of her. Donations can also be made to Cool Dog Rescue to honour her memory. FACEBOOK/REMEMBERING KRISTIN JOHNSTON

'A celebration of her life and presence'

KRISTIN JOHNSTON

Friends, family encouraged to share fond memories



Sarah Rae
For Metro | Halifax

Jennifer Hazard wants people to know Kristin Johnston as more than just a 32-year-old yoga teacher, because that's just "one tiny piece of the puzzle" that made up her friend.

That's part of why Johnston's friends are holding a memorial service in her honour at the

Shambhala School on Saturday.

It's an opportunity to bring together the extended community of people who were touched, even briefly, by Johnston's life.

Hazard says it will be "a celebration of her life and presence."

The service is open to the public, and is meant to be a space for anyone who was affected in any way by the tragedy of Johnston's death to come and acknowledge her memory.

"It's a chance for anyone to come and express what Kristin meant to them," said Scott Munn, who's helping to put the service together.

Munn said the public is invited because even if someone just had one yoga class with Johnston, they may have felt

+ MEMORIAL

The memorial for Kristin Johnston will be from 12 to 3 p.m. Saturday at the Shambhala School.

affected by her, and may want to express or acknowledge the impact that she made on them.

In the event posting, her friends describe Johnston as "an amazing friend, a rock, intelligent, insightful, dependable and true, honest, noble, kind, trusting, hard-working and remarkably important to so many of us. She is loved and will forever be a part of our lives."

There will be music, readings

from friends, and time for anyone who wants to say something about Johnston to come up.

Guests are encouraged to bring photographs and memories. They will also be accepting donations to Cool Dog Rescue in her honour.

Johnston was killed in her home on Oceanview Drive on March 26.

A man was arrested at the scene but was transported to hospital because of what police called significant but non-life threatening injuries. He was released from custody, but remains a person of interest.

Another man was questioned, but was later ruled out as a suspect. Police say the investigation is ongoing.



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Autism group gives library collection



Mayor Mike Savage and mayor for a day Claire Greenwood read one of the books donated by Autism Nova Scotia at the Halifax Central Library on Thursday. JEFF HARPER/METRO

PUBLIC EDUCATION

More than 100 books donated, mayor leads story time



Nicole Gnazdowsky
For Metro | Halifax

As the number of families affected by autism continues to grow, Autism Nova Scotia and Halifax Public Libraries want to make helpful resources more readily available.

The organization donated more than 100 resource books to the library and invited about 40 children and Mayor Mike Savage for story time to welcome the new collection on Thursday.

"Autism Nova Scotia had a large resource library in our space but it wasn't overly accessible, because of our hours they were kind of hard to get to, so we donated them to the library," Laura Hastings, director of development for

Autism Nova Scotia, said at the event on Thursday.

The collection has a range of books from children's picture books to resource books for parents and adults.

"Not a lot is different about the children's books besides the topic that's covered in the book. Often it is about how kids can behave differently and how individuality is OK," said Hastings.

"Some of the other books may be little more science based, some of them were first person biographies, some are on living well as an adult with autism or improving employability," Hastings said.

Dave MacNeil, manager of collection and access for the Halifax Public Library system, said the library is thrilled to receive the donation of specially curated books.

"We've been noticing that because there is less of a stigma behind the topic, we see more people asking questions and coming out to the public instead of asking doctors about this kind of stuff," said MacNeil.



We've been noticing that because there is less of a stigma behind the topic, we see more people asking questions. Dave MacNeil

+ RURAL ACCESS

Books can be ordered

The books will be distributed throughout the public library system and titles that are unavailable at one location can be sent to another on request to allow for accessibility in more rural areas. METRO

The library has a budget each year, limiting the number of books that can be brought in on each particular topic in an attempt to appeal to wider audiences.

It would have taken the library years to build up a collection this large on such a niche topic, but MacNeil said that's not the only thing that makes this donation so special.

"We have a small group of people who do the selection for all the books for the library system, as talented as they are, to have someone whose expertise are on something very specific as autism and autism awareness, to have them supplement our collection with a large number of very high quality books is just fantastic," said MacNeil.



Councillor Jennifer Watts and housing advocates are concerned about lack of movement on project. METRO FILE

DEVELOPMENT

Time to move on Bloomfield: Councillor



Brenlee Brothers
For Metro | Halifax

Jennifer Watts says the process of redeveloping the Bloomfield property has taken far too long.

In a motion made after the in camera portion of its Tuesday meeting, council asked staff to have clear conversations with Housing Nova Scotia about the

status of the project, which is meant to create much-needed affordable housing in the North End, and what their plan is.

"We've asked staff to go talk to Housing Nova Scotia and figure out what the situation is," Watts, the councillor for the area, said Thursday.

She said municipal staff will have to report back to council by the end of May.

"It's been such a long time

and there's no development application into the planning department," she said.

Council entered into an agreement of purchase of sale with the province in December 2012.

"It's almost four years later, so there's concern with what's happening with the property," she said. "It's a huge piece of property so we're looking forward to seeing some develop-

ment happening there."

Susanna Fuller, co-chair of Imagine Bloomfield, a community group partnering with Housing Nova Scotia on the project, told Metro in November she was worried about a lack of action on the project.

Last month, the province started seeking proposals for the project, hoping to "expand access to affordable housing while reducing the risk to taxpayers."

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WEEKDAY
MORNINGS

'Losing the smile on his face'

Nova Scotia's **Mental Health EMERGENCY**

Nova Scotia mother shares the story of her son's suicide

Yvette d'Entremont
Metro | Halifax

Christopher Bagnell loved music.

His mother Brenda Lee MacDonald said even as his mental illness "sucked the joy" out of his life, music was one of the few things that had the ability to comfort him.

On Jan. 5, Bagnell took his own life at the age of 20.

MacDonald said his battle with mental illness was a long one. She also lives with depression, anxiety and obsessive compulsive disorder, but said her son's suffering was 100 times worse.

"Since Grade 10 I've been crying my heart out because I watched this just totally take



Sydney mother Brenda Lee MacDonald shares a photo of her son, Christopher Bagnell, who committed suicide on Jan. 5 after years of battling mental illness. CAPE BRETON POST

him. I have really good mornings. It's as the day goes on as I get tired then it hits me that he's not here anymore," MacDonald said.

"I'm still trying to save the boy that's dead. I'm trying to figure out what I missed. What could we have done? And there's nothing."

Although diagnosed in Grade 10, Bagnell's illness started before that.

"His personality seemed to be changing. He was losing the

“ Guess what? We've got a new epidemic now and it's a generation of kids that's being affected. Brenda Lee MacDonald

smile on his face," she recalled.

After being prescribed a medication shortly after his Grade 10 diagnosis that made him very sick, Bagnell refused to take any other medication. He carefully watched what he ate, exercised and wouldn't even take Aspirin.

His mother said her son was determined to fix himself.

"He didn't want to be known as a person with mental illness," she said.

"He said he was too young to take medication. He wasn't thinking, 'What's the alternative?' And he's not here today."

MacDonald began to suspect something was up when her son seemed to improve a bit over the Christmas holidays. His mental health crisis team in Sydney (a nurse and a police officer) had worked with Bagnell for more than a year. MacDonald described them as "fantastic," but they only work from 8:30 a.m. to 4:30 p.m.

The night of Jan. 5, things weren't going well. Bagnell went down to his room. Although his mother typically checked on him at regular intervals, she didn't want to upset him as he occasionally ran out of the house and disappeared.

She decided to call the mental health crisis team first thing in the morning.

"I was tiptoeing all around here the next morning... When they arrived and (Mike) went down over the stairs, he found him," she said.

"By the time they arrived it was too late. It happened right under my nose. And I didn't even know it."

MacDonald hopes that by speaking out, she can help initiate change.

"I'm hoping to get the health care system to open their eyes that there's an epidemic and we've got to start working on it," she said.

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Golden Rule key to 107-year-old's life

TRURO

Birthday girl discusses ups, downs and high school diploma

Jeanette Brown's pink and white cake was much too small to accommodate the right number of candles for her milestone birthday.

Brown celebrated her 107th birthday on Thursday surrounded by family and friends at a restaurant in her hometown of Truro.

Neatly dressed in a black and white shirt with red cuffs, a pearl necklace and sparkly earrings, Brown said in a resounding voice that the key to a long and happy life is being good to others.

Brown, who beat cancer in her early 90s, was married at age 16 and had three children before she was 20 years old. She outlived all of her children.

Brown married again at age 48 and has more than a dozen grandchildren — some of whom are nearing their 70s — along with 27 great-grandchildren and several great-great and great-great-great-grandchildren.

She worked at an ammunition factory in Montreal during the Second World War and received her high school diploma at age 63.

Brown spoke about her long life during her birthday lunch with family and friends, some of whom travelled from Boston for the occasion.

What is the secret to living a long life?

Be nice to everybody because you want them to be nice to you. Give them a compliment when they need it. Tell them what you're like and what they're like. I think that's the secret for anybody — to like one another. And all over the world,



Jeanette Brown celebrates her birthday at a restaurant in Truro on Thursday. Brown, born in 1909, was married at 16 and had all three of her children by the time she was 20. Her family now includes great-great-great-grandchildren. ANDREW VAUGHAN/THE CANADIAN PRESS

not just where you're living, all over the world. That's the secret I think to everything. Be nice to everybody and expect them to be nice to you. And it works. It worked for me.

What world events have had an impact on you over the last century?

When the first black president was elected, I was very happy. I knew that one day, we would have something good, and that was good. There

“Keep your bad news to yourself and the good news to everybody else. Jeanette Brown

are things that are happening in the world, new things that are happening and the good things that are happening, it's for the people. And not just for the rich people, but for the poor people, and especially for my people, who are black. It made me very happy. But there's more that

could be done, and we should look at it like that and help to do it. Not wait for the other fella to do it — you do it too. I think that's what makes a good life, helping others. I met a lot of nice people, and I met a lot of bad people. But that's life.

Tell me a bit about your life.

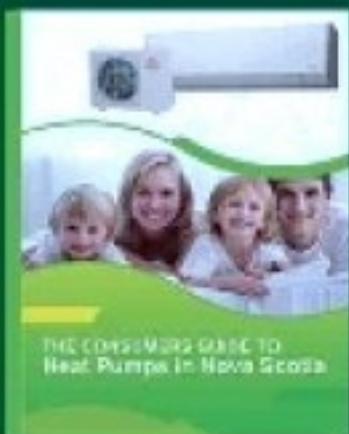
I was married when I was 16. I had my first baby when I was 17 and I had two more — three children — and that was enough. That was a baby every year, and that's not good (everyone laughs). Today they just have the babies and they go on about their business. They didn't do that in my day. When you got pregnant in my day, the man married you and you had a happy life. I was 63 when I got my high school diploma

because I couldn't get it when I was younger, but I was determined that I was going to get it. I took it by correspondence and I had to pay for it, but I didn't mind that. I wanted it, and I got it.

Any advice for others hoping to live 107 years?

Keep your bad news to yourself and the good news to everybody else. I think that makes a pretty happy life.

THE CANADIAN PRESS



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HALIFAX



Transportation minister Geoff MacLellan speaks to reporters at a press conference about the Yarmouth ferry last year. ZANE WOODFORD

Yarmouth-Maine ferry ready to ride

TRANSPORTATION

Minister says tickets could be on sale as of Monday

Tickets for the revamped ferry service that will link Nova Scotia with Maine should go on sale this Monday, Nova Scotia's transport minister said Thursday.

Geoff MacLellan said Bay Ferries made the commitment earlier and he expects the company to keep its promise.

"They're moving as quickly as they can," he said after a cabinet meeting. "They have to have the IT infrastructure in place to do this properly."

The province has faced stiff criticism for the 10-year deal it

signed last month with the company, with some saying the government is taking on too much risk in the venture.

Progressive Conservative party leader Jamie Baillie issued a statement Thursday saying the government's \$10.2-million subsidy in the first year of operation amounts to a \$170 subsidy for each expected passenger, assuming Bay Ferries meets its goals.

As well, Baillie said the company's projected passenger numbers fall far short of the 130,000 recommended for a commercially viable service, as calculated by an expert panel in 2012.

The Tory leader also said the Liberal government has refused to release the "guaranteed profit" taxpayers will pay to Bay Ferries through so-called management fees. MacLellan said the management fees had to remain secret

\$32.7M

In all, Nova Scotia taxpayers will pay at least \$32.7 million over the next two years to refloat the ferry service.

as a matter of corporate confidentiality. He said the deal is the best the province could do after a rigorous review process.

"It's sometimes easy to beat up on bureaucrats ... this will stabilize and this will work."

Asked if the province put itself in a poor bargaining position when it announced the ferry service had to be revived, MacLellan said: "I don't believe ... that (Bay Ferries CEO) Mark MacDonald saw us as being pinned down and he was going to extract the best deal out of us." THE CANADIAN PRESS

NOVA SCOTIA

Cyberbullying act in limbo as minister decides next move

Four months after a judge struck down the pioneering cyberbullying law inspired by the death of teenager Rehtaeh Parsons, Nova Scotia's justice minister confirmed Thursday she has yet to decide whether to rewrite the act or appeal the decision.

Diana Whalen said the absence of the law has created a quandary for the justice system because the province's groundbreaking CyberScan unit no longer has the tools it needs to combat cyberbullying.

"We're well aware of the need for something to take the place of that act because it has really left a void," the minister said after a cabinet meeting.

"We know that the last act



Rehtaeh Parsons CONTRIBUTED

was written in haste. It was passed in about three weeks. We need make sure that what we write this time will withstand a constitutional challenge ... (But) I haven't committed to a bill yet."

Whalen said the five-member CyberScan unit was working with the province's schools to educate students about cyberbullying. However, she said the unit has been stripped of the enforcement tools it used to deal with 800 cyberbullying cases over the past two years.

Whalen said the province may turn to other means to deal with online harassment, which could

include making amendments to existing acts and introducing new policy tools and training.

She said changes have already been made to the province's Education Act, and there has been training for police and the public prosecution service.

As well, she said no deadline has been set for filing an appeal of the Nova Scotia Supreme Court decision because the court has yet to issue a written ruling.

"We really were leaders here," Whalen said. "The other provinces were watching us ... The tragedy of Rehtaeh has resonated across our province and around the world." THE CANADIAN PRESS

+ POLICY

The law was passed in May 2013 in response to public outrage over Rehtaeh Parsons' death less than a month earlier. Parsons was 17 when she taken off life-support after attempting suicide.



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HMCS SUMMERSIDE VESSEL RETURNS TO HALIFAX HMCS Summerside returned to Halifax on Thursday following months in the Caribbean as part of a multinational anti-drug mission. The Kingston-class defence vessel was involved in the seizure of almost 700 kilograms of cocaine while on patrol in the region last month. Summerside returns under the command of Lt.-Cmdr. Paul Smith, the first black commanding officer of a Royal Canadian Navy warship. JEFF HARPER/METRO

A buyer's market

REAL ESTATE

Local housing inventories are high, say experts



Yvette d'Entremont
Metro | Halifax

Halifax home prices slipped a bit in the first quarter of 2016. That's one of the findings of the Royal LePage Atlantic House Price Survey released on Thursday.

The average price of a home in Halifax fell "modestly" in the first quarter of 2016, slipping 1.2 per cent to \$304,441.

When broken down by housing type, the median

price of a bungalow increased 0.7 per cent to \$245,672.

During the same period, two-storey home prices declined 1.5 per cent to \$344,592.

"We remain in a buyer's market in Halifax. Housing inventory levels are high, providing many listing options for buyers and flexibility to negotiate and search for the right property," Royal LePage Atlantic broker Matt Honsberger is quoted in a release.

"In the first quarter, we saw a higher influx of interest from first-time purchasers looking to benefit from the recent softness in prices. We expect this will balance the market slightly as we head into the spring home-buying season."

6.4%

The median price of a condominium fell by a larger margin of 6.4 per cent to \$257,056.

RCMP

Labour case delayed until May

Court proceedings have been delayed in the case of alleged Labour Code violations by the RCMP related to the force's response to a June 2014 shooting rampage in Moncton, N.B.

The RCMP was expected to enter pleas and set a trial date during a court appearance in Moncton on Thursday, but defence lawyer Ian Carter says the Crown and defence still require more time to discuss narrowing the issues in the case, which has been set over until May 12.

Both sides had previously asked for more time in what they described as a complex case during a court appearance in January.



Justin Bourque
RCMP/THE CANADIAN PRESS

Employment and Social Development Canada alleges there were four violations of the code relating to the force's equipment, training and supervision in the June 4, 2014 incident that resulted in the

+ BACKGROUND

Justin Bourque was sentenced to life in prison with no eligibility for parole after pleading guilty to three counts of first-degree murder and two counts of attempted murder.

deaths of three Mounties.

Last May, the Public Prosecution Service of Canada recommended the RCMP be prosecuted for contravention of occupational health and safety provisions.

THE CANADIAN PRESS

PICTOU COUNTY

Group says no to amalgamation

A new group has formed to voice opposition to amalgamation in Pictou County.

Amalgamation No Thank You (ANTY) describes itself as a new voice representing citizens from across Pictou County who don't believe amalgamation is the best choice for the county's future.

"We're not opposed to change," chairperson Brian White said. "We're opposed to a bad idea."

At each of the first two formation meetings the group had, he said they had more than 30 people show up.

"We believe in and want a vibrant, growing and thriving Pictou County, but we can find no evidence that amalgamation is the best way to get us there."

White says that while members of the group do not believe that this amalgamation is the right choice for Pictou



We're not opposed to change. We're opposed to a bad idea.

Brian White

County, the group's primary goal is to ensure that the full facts are made available to the public. TC MEDIA

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Halifax Regional Police Chief Jean-Michel Blais is seen in his office in Halifax on April 5. ANDREW VAUGHAN/THE CANADIAN PRESS

Chief fights PTSD openly

MENTAL HEALTH

HRP's top cop wants to close book on "suck-it-up" culture

On November 8, 2008, Jean-Michel Blais stood in front of a collapsed primary school in Haiti, watching as 93 bodies, most of them children, were stacked up in front of him.

A United Nations police team bore through the rubble in search of survivors, and found a girl trapped between the bodies of two other children. As deputy commissioner of the UN mission, it was Blais who gave the order to cut one of the bodies in half to pull the surviving girl out safely.

More than to serve and protect, Blais says police work is about confronting the problems that people would not, should not and could not deal with. Sometimes, he can't either.

Blais, who became Halifax Regional Police Chief in 2012, recently revealed he has post-traumatic stress disorder.

It has become a hallmark of his leadership atop the Halifax

force, where he has made officers' mental health a priority. By next month, every Halifax cop will complete a half-day Road to Mental Readiness workshop.

"Day in, day out, these officers have to show up at the doors and deal with the challenges that are there," Blais said in a recent talk at Mount Saint Vincent University. "Spat upon. Shot at. Cut. Yelled at ... You think that doesn't leave them with a lasting stress?"

Blais wants to start a discussion about mental illness within the force. He says in a "suck-it-up" police culture, officers have been more likely to grab a 40-ouncer than reach for help. He's trying to change that.

When he talks publicly about his PTSD, Blais makes a point of wearing his uniform, to show that mental illness can happen to anyone. The symbolism of this is not without its controversy.

"There have been some questions, I think fair questions, about (my) ability to lead," Blais said. "I don't know a good leader who hasn't gone through particular challenges and hasn't come out better for it."

THE CANADIAN PRESS

POLICE

Talking can help with stress disorders

Talking about PTSD can be therapeutic but also can recall the stress of the traumatic incident.

Sometimes, all it takes is a crack in the sidewalk, and Jean-Michel Blais is back in Haiti digging for his friend's dogtags in the debris of the quake-flattened UN headquarters.

Blais served three tours in Haiti while with the RCMP.

In 2010, a catastrophic earthquake devastated Haiti, killing hundreds of thousands of people including 96 UN peacekeepers.

Blais was sent to recover the bodies of two fellow RCMP officers, one of them Chief Superintendent Doug Coates, who had taken over his position as second-in-command of the mission months before.

A friend asked him if he had had a life changing experience. "I have," he said. "And I need to get out of Ottawa."

He thought it was just work, but things weren't improving. He woke four or five times a night, his sheets drenched in sweat.

In 2012, Blais got the top job at Halifax Regional Police, and he sought the medical attention that led to his PTSD diagnosis.

There are days he doesn't want to go to work, but then he thinks about the police officers under his command, and he puts on his uniform.

"We enjoy life through the help and community of others, and when you're injured with a traumatic stress injury, you tend to forget that," he said.

THE CANADIAN PRESS

+ NUMBERS

About eight per cent of police officers have PTSD, according to Tema Conter Memorial Trust, which supports first responders. Since 2014, the organization reports that 31 Canadian police officers have committed suicide.

THE CANADIAN PRESS

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(Officers) have to take care of themselves before they can take care of others.

Jean-Michel Blais

Security on military bases to be reviewed

ARMED FORCES

Recent attack at recruitment centre spurs probe

The House of Commons defence committee will hold closed-door hearings on the state of security at Canadian military bases, The Canadian Press has learned.

Conservative MP James Bezan, the party's defence critic, proposed the idea, which was recently accepted by the all-party committee, although a date for the investigation has yet to be scheduled.

In the aftermath of a stabbing of two military members at a north Toronto recruiting facility last month, National Defence conceded that some elements of a full-scale security review at its installations were still ongoing 18 months after the terror attacks of October 2014.

Bezan says it's been clear since the 2014 deaths of Warrant Officer Patrice Vincent and Cpl. Nathan Cirillo - attacks inspired by the Islamic State of Iraq and the Levant - that members of the Canadian military need better protection.

He says that at some bases, visitors can drive on to the property without being challenged by security, and the incident last month in Toronto shows a need to improve protection at



Vehicles enter Canadian Forces Base Halifax, in Halifax, in October 2014. The House of Commons defence committee will hold closed-door hearings on the state of security at Canadian military bases. THE CANADIAN PRESS/ANDREW VAUGHAN

The Canadian Armed Forces (CAF) continuously assesses the threats posed against CAF members.

Cmdr. Nathalie Garcia

recruiting centres.

Ayanle Hassan Ali, 27, faces nine charges, including three counts of attempted murder,

after two soldiers were attacked and injured by a man with a knife. Police said the man said afterward that Allah told him to do it.

Bezan says MPs want to hear from senior members of the military, including possibly the chief of the defence staff, about what measures have been taken, what resources they need and what can be done to improve.

The motion to conduct the committee investigation passed on March 22, the same day the federal budget was tabled.

A spokeswoman for the military said the review of so-called

force protection was broken up into several smaller components and that measures, including some base security and safety awareness training have already been implemented.

"A review of some security and force protection directives are complete while others are ongoing," Cmdr. Nathalie Garcia said in an email.

"However, the Canadian Armed Forces (CAF) continuously assesses the threats posed against CAF members and implement appropriate measures to ensure the safety and security of personnel." THE CANADIAN PRESS

LEGISLATURE

Man charged with making death threats

A man has been charged after staff say someone phoned the legislature office of Alberta Environment Minister Shannon Phillips and threatened to shoot everyone over the carbon tax.

Michael Enright, an oil products salesman from Camrose, says he didn't make any threats and was simply calling to voice his frustration over the hurt currently being experienced in his industry.

"This was nothing. This was me having a bad day," Enright said when contacted by The Canadian Press on Thursday. "I'm a very calm person. Everybody knows me as a guy who never gets upset."

Cheryl Sheppard of the Edmonton Police Service said Enright faces one Criminal Code charge of uttering threats.

The call happened a week ago,

on March 31, in the middle of the afternoon.

"He was calling to express his anger over the carbon tax," a staffer in Phillips's office told police in a statement.

The staffer told police the caller, who refused to identify him-

self, referred to the minister as a man. When he was reminded Phillips was female, "he told me the NDP only hire people with boobs, not qualified people."

"He then said he was going to get his ammunition and gun and come here and shoot us all," the statement reads.

Sheppard said Enright was charged later that day with assistance from police in Camrose.

Enright said Thursday he has not been in court yet.

He denied making any threats.

THE CANADIAN PRESS

This was nothing. This was me having a bad day.

Michael Enright

IN BRIEF

Senator sent to hospital

Sen. Jacques Demers remains in a Montreal hospital in what one colleague described as "serious but stable" condition after suffering a stroke.

Claude Carignan, Conservative leader in the Senate, said he spoke with an assistant to Demers and was told the 71-year-old, former NHL coach was conscious Thursday morning. THE CANADIAN PRESS

MP Maxime Bernier makes Tory leadership bid official

Quebec MP Maxime Bernier became the second official contender for the permanent leadership of the Conservative party Thursday, saying that while there may be more than a year to go until the winner is chosen, he's ready now. "It's time for our conservative movement to have a leader who speaks openly, with passion and conviction," Bernier said.

THE CANADIAN PRESS

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TPP would 'dilute' Canada's position

TRADE

Deal will swing doors to US market open, note cautions

On the day Canada agreed to the controversial Trans-Pacific Partnership, an internal federal analysis warned the deal threatened to water down the country's powerful business position in the crucial U.S. market.

But staying out of the treaty — if it's ratified — could be even worse, the memo said.

The October briefing note, prepared for then-finance minister Joe Oliver, framed Canada's participation in the 12-country Pacific Rim pact as a defensive manoeuvre, at least in part.

Joining the TPP would enable

Canada to continue its participation in the North American supply chains that "underpin the economy," said the note, obtained by The Canadian Press through the Access to Information Act.

On the positive side, the "secret" document also noted the pact would expand Canadian trade opportunities in Asian countries and ensure a level playing field with U.S. exporters.

Closer to home, however, the agreement would swing open the doors to the crucial American market, it warned.

"Canadian businesses will also face intensified competition as nine more countries will essentially enter the 'NAFTA tent' and dilute Canada's privileged position in the U.S. market," said the document.

Canada signed the treaty

+ 'FLAWED'

Last week, Nobel Prize-winning economist Joseph Stiglitz urged Canada to abandon what he described as a "badly flawed" deal that could hamper efforts to rebuild aboriginal relations and fight climate change.

in February, but International Trade Minister Chrystia Freeland described the move at the time as a "technical step" that didn't necessarily signal it was a done deal.

Freeland has vowed that only a vote in Parliament would ratify the agreement, which was negotiated under the former Conservative government.

THE CANADIAN PRESS



ONE MAN'S TRASH... SCIENTISTS TURN TIRES INTO MOSQUITO TRAPS

The bottom half of an "ovillanta," a mosquito trap made out of repurposed used tires, is shown in this undated handout photo. A Canadian-led research team has repurposed waste that promotes the spread of mosquitoes and turned it into a potential weapon against the disease-carrying insects. The scientists have taken the tires, an ideal breeding ground for the insects, and made traps for their eggs. "What we are aiming at is destroying the second generation of mosquitoes, by destroying the eggs and the larvae," said Gerardo Ulibarri, a professor of biochemistry at Laurentian University in Sudbury, Ont.

THE CANADIAN PRESS

IN BRIEF

So long, suckers

Some businesses in an ocean-side town on Vancouver Island are eliminating plastic drinking straws, taking a first slug against plastic waste.

"They're really quite useless, we can say goodbye to straws," said Michelle Hall, co-chair of a non-profit group that's spearheading the campaign. "I just wanted to start with something that was way more achievable."

THE CANADIAN PRESS

OIL SANDS

Province criticized on plan for monitors

Prominent scientists are warning Alberta's environment minister that disbanding an arm's-length body that monitors the environmental impact of the oilsands is a mistake.

"Minister (Shannon) Phillips believes that there is public trust in government science," says a letter signed by 10 A-list researchers. "It is our experience in dealing with the public that this is not the case."

Signatories include scientists whose work originally exposed

how poorly Alberta was tracking the environmental impacts of industry, especially the oilsands, as well as some who examined those monitoring methods.

On Tuesday, Phillips announced that the Alberta Environmental Monitoring, Evaluation and Reporting Agency would be folded up and its work brought back within government.

Environmental monitoring is a core function of government, she said Thursday. THE CANADIAN PRESS

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ARGENTINA PROSECUTORS WANT PRESIDENT UNDER SCOPE Demonstrators protest against President Mauricio Macri outside the government in Buenos Aires, Argentina, on Thursday. An Argentine prosecutor has asked for an investigation into President Macri's role in offshore companies, adding to the global fallout from a massive leak of documents from a Panama law firm. The signs held by the protesters read in Spanish from left, "They said they were a team.... It turned out they were an illicit association." "Let justice weigh them with the same scales." NATACHA PISARENKO/THE ASSOCIATED PRESS

U.K. leader admits tax haven profits

PANAMA PAPERS

Cameron invested thousands offshore

After days of headlines about his family's financial affairs, British Prime Minister David Cameron has acknowledged that he profited from his father's investments in an offshore tax haven.

Cameron told ITV news Thursday that he and his wife Samantha sold shares worth 31,500 pounds (currently \$44,300) in Blairmore Holdings in early 2010, before

Cameron became prime minister.

A leak of millions of documents from a Panamanian law firm has disclosed the financial arrangements of wealthy people — including the British leader's late father, Ian Cameron, who died in 2010.

There is no suggestion he acted illegally.

David Cameron's office has released several previous statements saying the prime minister and his family "do not benefit from any offshore funds" — but not specifying whether they had done so in the past.

Meanwhile, a European Union official threatened Thursday to sanction Panama and other na-

SCANDAL

So far, the scandal has brought down the leader of Iceland and raised questions about the dealings of the presidents of Argentina and Ukraine, senior Chinese

politicians, famous actors, athletes and the circle of friends of Russian Vladimir Putin, who some allege has profited indirectly from such accounts.

tions if they don't co-operate fully to fight money laundering and tax evasion, after the data leak showed the small country remains a key destination for people who want to hide money.

The 11.5 million documents from the Panama-based law firm Mossack Fonseca showed

it helped thousands of individuals and companies from around the world set up shell companies and offshore accounts in low-tax havens. Because such accounts often hide the ultimate owner of assets, they are a favoured tool to evade taxes, launder money or pay bribes. THE ASSOCIATED PRESS

BRUSSELS AIRPORT

Prosecutors seek info on 'man in a hat'

Belgian prosecutors launched a public appeal Thursday seeking any information on "the man in a hat" seen before the Brussels Airport suicide bombings that killed 16 people.

Belgian Federal Prosecutor Eric Van der Sypt said authorities were especially interested in any people who might have filmed or photographed him.

The suspect was seen at the airport with two suicide bombers before they died in the March 22 attacks.

A subsequent explosion at Brussels' Maelbeek subway station killed another 16 people the same morning.

Photos released by prosecutors showed the man, who was wearing a dark hat, leaving the airport on foot, walking to the nearby town of Zaventem and then into Brussels, where all traces of him were reportedly lost.

The suspect also wore a white jacket but discarded it at some point, prosecutors said.

The appeal for public assistance more than two weeks after



The third suspect of the recent attack on Brussels airport is shown during his escape from the airport after the blasts. BELGIAN FEDERAL POLICE VIA AP

the suicide bombings indicates that investigators are at a standstill. Three bombers, two at the airport and one in the subway, also died in the attacks, which wounded 270 people and were claimed by Islamic State extremists.

THE ASSOCIATED PRESS

IN BRIEF

Venezuela orders long weekends amid power crisis

Public employees in Venezuela will take long weekends for two months under the government's latest bid to ease a nationwide power crisis.

President Nicolas Maduro announced late Wednesday that he would sign a decree giving state workers a Friday furlough for 60 days. Together with other measures, he hopes to reduce electricity consumption by at least 20 per cent. THE ASSOCIATED PRESS

Greek workers go on strike

Greek public sector workers

walked off the job in a 24-hour strike Thursday to protest social security and pension reforms demanded as part of Greece's third international bailout, leaving flights cancelled, schools closed and news broadcasts off the air.

Air traffic controllers joined the strike, shutting down Athens' international airport and forcing airlines to cancel flights.

State-run hospitals and the ambulance service were operating with emergency staff only, while engineers, lawyers and journalists were also on strike.

THE ASSOCIATED PRESS

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GOP is still cool on Cruz

REPUBLICANS

Runner-up to Trump has little pull with party's core

Sen. Ted Cruz's growing success with voters isn't rubbing off on his fellow GOP senators, who remain decidedly cool to his presidential candidacy.

The Texas Republican is notorious for alienating his colleagues with tactics that have included pushing a fruitless government shutdown in 2013 and accusing the Senate majority leader of lying.

Lawmakers are now paying it back by refusing to get on board with Cruz's White House campaign even as he emerges as the likeliest alternative to businessman Donald Trump following a commanding victory Tuesday in Wisconsin.

"I just haven't heard any talk about it," responded Utah Sen. Orrin Hatch, when asked whether Republican colleagues would be gravitating



Republican presidential candidate Sen. Ted Cruz, R-Texas, makes matzah at the Chabad Neshama Center during a campaign event Thursday. THE ASSOCIATED PRESS

toward Cruz.

"I will tell you that wasn't the chatter," said Sen. Dean Heller, R-Nev., after emerging from a private GOP lunch.

"I don't see any rush to judgment," added Sen. Pat Roberts of Kansas, a four-term

lawmaker.

Of Cruz's frosty relations with his colleagues, Roberts said: "I think that's obvious. That's just the way it is. But in the end result I think all of us would like to support the nominee and do the best

we can."

Cruz's campaign has asked former Texas Sen. Phil Gramm to make the case for Cruz on Capitol Hill, even though Gramm himself initially endorsed Florida Sen. Marco Rubio before Rubio dropped out.

"I'm no fan of Donald Trump ... but this isn't over."
Sen. Jeff Flake of Arizona

In a phone interview, Gramm said he wasn't seeking endorsements from senators but rather trying to "establish a working relationship for the future" between Cruz and Senate leaders like Majority Leader Mitch McConnell.

Cruz has dismissed McConnell as a member of the "Washington cartel" who's little better than a Democrat, but Gramm insisted that a constructive relationship will be possible.

"The most fundamental factor in putting together a working alliance with Congress for Ted Cruz is he shares their views as to what should be done," Gramm said.

"Whether his approach was right and theirs was wrong, or theirs was right and his was wrong in the past, is not a terribly relevant factor here."

THE ASSOCIATED PRESS

TRUMP

Donald shuffles the deck

Republican presidential front-runner Donald Trump is strengthening his team and refocusing on New York after tactical failures have raised doubts about his campaign operation.

The billionaire's campaign announced Thursday that veteran operative Paul Manafort would be taking on an expanded campaign role as chances of a contested party convention grow.

The move comes after Trump's loss this week in Wisconsin to rival Ted Cruz, which makes it increasingly unlikely that Trump will be able to collect the 1,237 delegates needed to win the nomination.

The addition of Manafort to Trump's team also signals a less prominent role for campaign manager Corey Lewandowski, who recently was charged with simple battery over an incident with a female reporter in Florida. "The nomination process has reached a point that requires someone familiar with the complexities involved in the final stages," Trump said in a statement. THE ASSOCIATED PRESS

US POLITICS

Democratic hopefuls trade blows as race hits New York

The race for the Democratic nomination took a negative turn, with front-runner Hillary Clinton and Bernie Sanders exchanging criticism over each other's qualifications for the presidency.

In press conferences, the rivals addressed the accusations, with Sanders vowing to fight back.

"This is not the type of politics that I wanna get in," he told journalists in Philadelphia. "But we'll get used to it fast. I'm not gonna get beat up. I'm not gonna get lied about."

Clinton, campaigning in New York City, sought to shift attention back to her Republican opponents, saying: "I will take Bernie Sanders over Donald Trump or Ted Cruz any time, so let's keep our eye over what's at stake in this election."

It was a notable shift in tone for a primary contest that has remained largely civil. As the race moves toward the New York primary on April 19, the stakes are higher for both campaigns. Sanders' recent string of victories is complicating Clinton's efforts to march toward the general election in November.

Sanders told a crowd in Philadelphia on Wednesday that Clinton has been saying he's "not qualified to be president."

"I don't believe that she is



Democratic presidential candidate Hillary Clinton campaigns with borough President Ruben Diaz Jr. on April 7 in the Bronx. GETTY IMAGES

qualified if she is, through her super PAC, taking tens of millions of dollars in special-interest funds," he said, referring to a political action committee.

Clinton earlier in the day questioned Sanders' truthfulness and policy expertise.

In a discussion of Sanders in an interview with the editorial board of the New York Daily News, Clinton was asked if "Bernie Sanders is qualified and ready to be president of the United States."

She responded, "Well, I think he hadn't done his homework, and he'd been talking for more than a year about doing things that he obviously hadn't really

studied or understood, and that does raise a lot of questions."

THE ASSOCIATED PRESS

IN FOCUS

Despite her sizable delegate lead, a loss in the New York primary would be a major political blow for Hillary Clinton that would highlight her weaknesses within her own party, particularly among the younger voters who've supported Sanders' primary bid.

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Business **metro** NEWS

Oilpatch in record slump

ECONOMY

Industry sees biggest-ever 2-year decline in investment

Canada's oil and gas industry is on track to see its biggest two-year capital spending decline in its seven-decade history, according to the Canadian Association of Petroleum Producers.

Companies are expected to invest \$31 billion in 2016, a 62 per cent drop from the 2014 record of \$81 billion.

It's the biggest drop since CAPP and its predecessor organizations began keeping track in 1947 — the year of Alberta's first major oil discovery.

The U.S. benchmark oil price was above \$100 US a barrel in mid-2014. Now, it's at about \$37 US — below what most producers need to be profitable.

CAPP estimates 110,000 direct and indirect jobs have been lost in the downturn, which began in late 2014 and continued to deepen through to last February when crude fell



A water intake pipe for oil sands operations north of Fort McMurray, Alta., in 2015. Capital spending in Canada's oil and gas industry has dropped by \$50 US billion since 2014. IAN WILLMS/GETTY IMAGES

below US\$30 a barrel for a time.

"It is a really tough time," CAPP president and CEO Tim McMillan said Wednesday.

"Almost no one is left untouched within their family circle and within their social circle."

Compounding the pain is the

inability for Canadian oil and gas producers to reach markets outside of the United States, a major global petroleum player itself.

Efforts to build oil export pipelines and liquefied natural gas terminals have faced stiff environmental opposition and

regulatory delays.

In a release, CAPP said building that infrastructure should be a "national priority" but did not specify what concrete actions it wants provincial and federal governments to take.

Moving forward with pipelines and LNG, he said, is "the

“

We're not just battling global prices, we're battling global prices with a further discount.

CAPP president Tim McMillan

first and most obvious place to put us on that level playing field."

Much of the debate around pipelines and LNG has focused on the broader climate impacts from fossil fuels.

Greenpeace campaigner Keith Stewart said CAPP is being "wilfully blind" to how the global push to combat climate change is transforming energy markets.

"Canada needs to take action so that we win in the new world of low-carbon, renewable energy, not prop up the fossil fuel industry," he said. "Oil companies have a choice: Transform themselves into clean energy providers, or go the way of the dinosaur." THE CANADIAN PRESS

INFRASTRUCTURE

Call for cash for rail, ports

Big investments in both rail and marine infrastructure will be required to accommodate an acceleration in commodities shipments, particularly oil, over the next decade, says the Conference Board of Canada.

In a report released Thursday, the agency said annual tonnage of commodities shipped by rail will grow more quickly than in the past, rising 30 per cent from 200 million tonnes in 2011 to 260 million tonnes by 2025.

The Conference Board said Canada's shifting trading patterns are putting additional pressure on the country's railways and ports to meet the growing demand for Canadian commodities. THE CANADIAN PRESS

\$1.25B

The combined amount the Canadian National Railway and Canadian Pacific Railway spent, on average, a year between 2005 and 2014 on rail infrastructure.

FOOD

CEOs take aim at sugar overload, urge better labelling

Two Canadian business leaders want the country's food industry to use more transparent labels so Canadians know just how much sugar they're consuming.

Indigo's CEO and the former CEO of Lululemon are making sugar one of their main targets as they fight to change industry standards.

Sugar is the enemy, said Heather Reisman, CEO of Indigo Books and Music Inc. and executive producer of the 2014 documentary Fed Up, which takes on the sugar industry.

Lots of processed food contains high amounts of sugar, she said.

"Today, sugar is in everything — everything," she said during a presentation to the Toronto Region Board of Trade earlier this week. "It's in ketchup. It's in canned foods. It's in the bread we eat."

For her part, she's prohibited Indigo stores from selling chocolate treats at checkout counters to help



ISTOCK

hungry customers avoid making sugar-laden impulse purchases.

Canadians need to change the way they eat, Reisman said — and to succeed they need easier-to-understand food labels.

Currently, food packages list how many grams of sugar are contained in a single serving size (like half a cup).

"You have to be a chem-

ist to understand how much sugar is in the product," she said.

Instead, Reisman is calling for something more "straight-forward," like the number of teaspoons rather than grams.

The federal government pledged to revamp food labels in the October 2013 throne speech. Last June, Health Canada announced its proposed changes, and is now in the process of reviewing comments from a public consultation.

Health Canada's proposal to include the percentage of a

serving's daily recommended amount of sugar is progress, said Christine Day, the former CEO of Lululemon. But added sugars, common in foods like yogurt and granola bars that are typically viewed as healthy, should be listed separately.

Day is now chief executive at Luvo, a company touting nutritious frozen food meals low in sodium and sugar. She said she has no qualms with doing that for her frozen meal products, which already provide detailed ingredient information.

THE CANADIAN PRESS

market minute



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76.08¢ (-0.29¢)

TSX 13,266.44 (-81.02)

OIL \$37.26 US (-49¢)

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NATURAL GAS: \$2.018 US (+10.7¢)

DOW JONES: 17,541.96 (-174.09)



90s to now

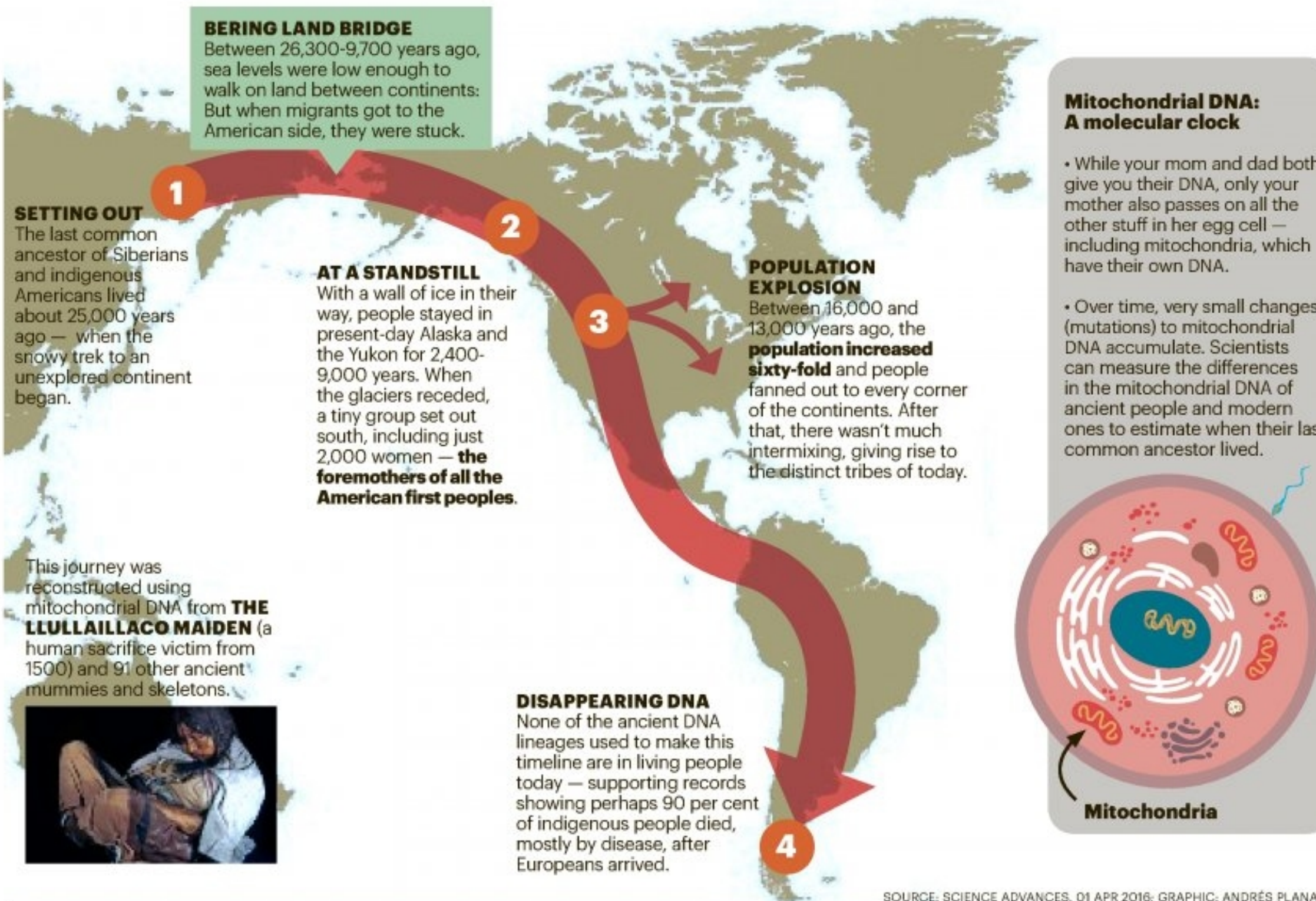
Yup.
The music's better now.

Don't brush this off: There are 1,698 reports of injuries from people accidentally swallowing bristles from brushes used to clean BBQ grills.

DECODED Journey to the Americas

THEY ALMOST DIDN'T MAKE IT

How did a small band of Stone-Age hunters from Siberia sow the genetic seeds of hundreds of distinct ethnic groups — from the Mayans to the Mohawk — across two vast continents? New genetic research hints at a **video game-like quest** for survival.



SOURCE: SCIENCE ADVANCES, 01 APR 2016; GRAPHIC: ANDRÉS PLANA/METRO

FINDINGS Your week in science

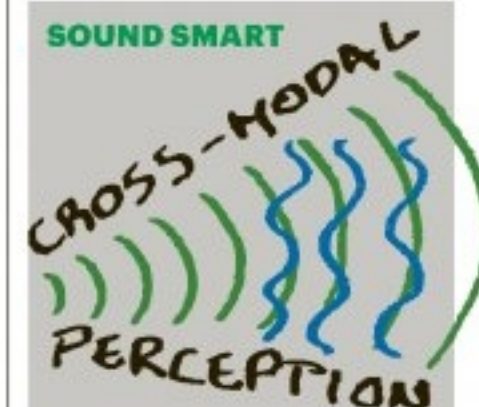


DUNES ON MARS

The sand dunes on Mars have mysterious, massive ripples three metres deep, NASA's Curiosity rover shows. They're far bigger than what's found on Earth, perhaps because of the chemicals in the Martian atmosphere or its heavy, volcanic sands.

MALE BIRTH CONTROL

A long-acting, reversible contraceptive for men effectively keeps lab rabbits from breeding like rabbits, according to research in the journal of Basic and Clinical Andrology. Human trials of the product — a gel injected into the vas deferens — start in late 2016.



DEFINITION

Cross-modal perception is an experience that involves interaction between two or more senses. The fact that chocolate apparently tastes sweeter when people are listening to a high-pitched sound is an example.

USE IT IN A SENTENCE

"These fries taste off to me; maybe I'm experiencing **cross-modal perception** because of the obnoxious music in this bar."

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CITIZEN SCIENTIST by Genna Buck

Can a computer create life?

Scientists have built fake bacteria that can reproduce. If they're alive, what does "alive" even mean?
— Fred, Calgary

Oof. This is a tough one, Fred. Some background: Last month, a team lead by Craig Venter of the Human Genome Project announced the creation of Syn 3.0, a man-made bacterium with 473 genes — the fewest in any living thing ever. We think this is close to the minimum DNA a cell needs to

survive, reproduce and grow at a decent pace in a lab. Like the first synthetic cell, Syn 1.0, it reproduces on its own through cell division, just as real bacteria do.

This is exciting research. The authors still have no idea what about a third of Syn 3.0's genes do. Further studies might shed light on the earliest life and give us clues about the obscure parts of our own DNA.

Venter calls Syn the first species to have its parents be

a computer. Freaky, right? It calls into question some of the fundamental things we believe about life.

"Life," the Encyclopaedia Britannica says, is "living matter that shows ... responsiveness, growth, metabolism, energy transformation, and reproduction." So Syn 3.0 is alive.

But that definition doesn't capture the full meaning of the word. There's no hint in that list about why so many people believe life is sacred and mucking around with it is wrong.

"What is the meaning of life?" isn't a science question. It's not *falsifiable*: You can't make a hypothesis and design an experiment to prove yourself wrong. Ditto for "Which life forms are ethical to make synthetically?" and "Who should get access to these tools?" We have to answer those as a global community, through the political process. Outside the lab.

Science Question?
Tweet @genna_buck

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In *Demolition*, Jake Gyllenhaal plays investment banker Davis Mitchell whose life is turned upside down when his wife is killed. CONTRIBUTED

Jake dancing with himself

DEMOLITION

Gyllenhaal nails another uncomfortable, maverick role

Richard Crouse
For Metro Canada



Grief is no laughing matter, but with *Demolition*, Jake Gyllenhaal has made a whimsical movie about a man on the edge of falling into the abyss.

The film continues Gyllenhaal's quest to explore characters who aren't immediately likeable or understandable. No other mainstream actor puts himself or herself out there as consistently or successfully as Gyllenhaal. He takes chances, throwing himself at edgy portrayals of real people. Recently we've seen him as *Nightcrawler*'s reptilian Lou Bloom, a slick-talking drifter who falls into the freelance news-gathering business, a man who seeks his doppelganger in *Enemy* and Southpaw's inarticulate brute with a heart of gold, *World Middleweight Boxing Champion* Billy Hope.

In *Demolition*, he plays investment banker Davis Mitchell. Wealthy and happy, his life is turned upside down when he and his wife Julia are bickering about

banal home stuff and their car is broadsided and she is killed.

Instead of being plunged into grief, Davis becomes numb, impervious to the seven stages that usually accompany grave loss. However, his behaviour becomes increasingly strange. When he writes a letter to a vending-machine company demanding a refund, he finds an outlet for his feelings and a therapist of sorts in customer-service rep Karen Moreno, played by Naomi Watts. As his letters grow increasingly heartfelt and raw, Karen's sympathetic ear and later, her rebellious son, help Davis demolish his life so he can rebuild his world.

"It's a story about a guy who begins the movie in a conventional way and ends the movie through an unconventional journey," said Gyllenhaal at a press conference I hosted with him at TIFF last year, "feeling however (he wants and needs to) and not how society tells him to feel."

Here the 35-year-old actor delivers strong work, grounding the film's quirkiness in a character you may not understand but

can empathize with. He does the heavy lifting, and his work humanizes this offbeat film.

When Davis spontaneously dances on the streets of New York or demolishes his marital home, it's outrageous but it is the sight of a man in pain refusing to face up to the fact that he wasn't a very good husband and will never be able to make amends to Julia. It's occasionally very funny, other times tragic.

The surreal dance scenes are surprising for the audience, but Gyllenhaal says they were a surprise to him as well.

"I always looked on the schedule for when the dancing was going to be," he said at the presser, revealing that director Jean Marc Vallee shot the scenes spontaneously.

"The first time I danced, we were on the train, and (Vallee) said, 'Okay, the train's pulling in,' and handed me an iPod, gave me an earphone and said, 'Are you ready to dance? Let's go.' By the end, I didn't want to stop dancing. I made like a whirling dervish."

MOVIE RATINGS by Richard Crouse

The Boss ★★
Demolition ★★★★★
Hardcore Henry ★★
I Saw the Light ★★

HOW RATING WORKS
★★★★★ SEE IT
★★★★ WORTHWHILE
★★★ UP TO YOU
★ SKIP IT

Loose production style coaxes out award-worthy acting

Jean-Marc Vallee can't help but offer up his two cents as a photographer sets up a light for a quick photo shoot before an interview.

It's too close, too bright and too hot, the Quebec director says.

This is not the way he likes to shoot, Vallee adds wearily as a long day of media interviews takes place at the Toronto International Film Festival.

And it's certainly not the way he approached his latest film, *Demolition*.

Jake Gyllenhaal stars as a young widower who is unable

to express his grief and spirals into increasingly erratic and destructive behaviour.

As with Vallee's previous films *Wild*, *Dallas Buyers Club* and *Cafe de Flore*, this emotion-laden drama featured a loose production style that eschewed lights, makeup and blocking.

"It's not (a situation where) the actor has the feel of the light of a spotlight — like (the light) that was so bright earlier for the picture — so when you have this on set, the actors they know, they feel the light and now they want to be lit," he said during

a round of interviews last September.

"Now, when you don't have this, they don't get self-conscious, they don't have to hit a mark and it doesn't put style on top. Style doesn't matter. It's not about style, it's about storytelling and characters and emotion."

It's an approach that has established Vallee as a master of drawing out raw, emotional performances — not to mention Academy Awards attention — from his actors.

That includes the Oscar-winning turns from Matthew McConaughey and Jared Leto



Jean-Marc Vallee CONTRIBUTED

in *Dallas Buyers Club*, and Oscar nominations for Reese Witherspoon and Laura Dern

for their work in *Wild*.

This time, Vallee found a willing partner in Gyllenhaal, who plays the emotionally stunted Davis, and Naomi Watts, as a single mom who is gradually drawn into his grief-stricken orbit.

Watts said she embraced Vallee's unconventional approach, which included using only natural light sources during filming and virtually no makeup or hair-styling.

"There's really no vanity involved. Once you let go of that, the actors can be free," Watts said at the festival, adding that "every day you'd go

to work and never know what was going to happen."

"You can be doing a scene and if he doesn't like it he'll take a break. For instance, there was a scene we were shooting on a bench in Coney Island and he just wasn't feeling it. So he said, 'Get up, climb the fence and run down the beach.' Jake and I both started running down and the birds flew in and suddenly it started coming to him because it felt more poetic. Then we came back and did the scene and it worked better."

THE CANADIAN PRESS

Director X marks a new film phase

ACROSS THE LINE

Hotline Bling creator takes on a big-screen hockey story

Richard Crouse
For Metro Canada

Director X (real name Julien Christian Lutz) has captured some of hip-hop's most iconic images on film. His Hotline Bling music video racked up almost 300 million online views, and he's directed promos for everyone from Rihanna and Kendrick Lamar to Iggy Azalea to Busta Rhymes, but now that he's made the leap to the movies don't expect a big screen musical from him.

"I've lived my life for almost twenty years with guys rapping or singing or singers who wish they were rappers," he says.

"I've swum in those waters enough. Now that I've got people talking I don't want them to talk about rapping and singing. Forgive me if that is

not something I'm into right now.

"Maybe when I'm an old man doing a period piece about this time it might be interesting but I've always felt hip hop is like a movie right in front of your face. Chris Brown and Drake really got into a fight at a bar and threw vodka bottles at one another. Me fictionalizing a movie of that [isn't necessary], you're watching the movie unfold in front of your face, bullet time. For someone else, go on ahead, but there are other stories I'd like to tell and speak in my own voice."

Over the years X has been connected to other projects — there were rumours he would direct a vampire film called Razorwire — but says he chose Across the Line as his debut feature film because "it was actually about something."

"It's about where I'm from," he says. "It's about Canada but a deeper level of Canadian history and Canadian communities. It's not just a story about Toronto or a story we know, regardless of the city."

Inspired by true events, the film is a study of race in small-

“It’s about Canada, but a deeper level of Canadian history and Canadian communities.”

Director X



Across the Line is the debut feature film from acclaimed hip-hop director Julien Christian Lutz, a.k.a. Director X.

CONTRIBUTED

town Nova Scotia as seen from the perspective of a young National Hockey League prospect. When his chance at the big league is threatened by family problems and racial tension at his high school, he must

overcome intolerance, cultural tension and the odds to fulfil his dream.

"It's a story that needed to be told," says the director, whose next film is a sequel to the movie Center Stage.

ABOUT THE FILM

Hockey's hidden history

• Nova Scotia native Floyd Kane wrote the film, which stars Stephan James (pictured below) as a prodigious and book-smart black hockey player being eyed by NHL scouts. Hurting his chances are his brother's ne-

farious activities as well as deep-rooted racial tensions in North Preston, N.S., which is billed as Canada's largest black community. • Co-stars include Sarah Jeffery, Shamier Anderson, Lanette Ware, Steven Love and Jim Codrington.

THE CANADIAN PRESS



X's music video work is characterized by his own particular sense of style, something he had to put on the back burner while making Across the Line.

"I brought myself to it but at the same time there aren't any scenes that are just pure visual fun," he says. "There was no John Woo cool. When you're making movies you have a responsibility to respect the story over cool awesome shots that belong in blockbusters as opposed to a narrative. But at the same time it's not just turn-

ing on the lights and putting the camera on a tripod. It's finding a style that aids the story as opposed to just something that is cool stuff."

Across the Line's story has already connected with festival audiences. It won Best Atlantic Feature at the Atlantic Film Festival and earned kind reviews at the Beverly Hills and Boston International Film Festivals, which X thinks are driven by the realism on the screen. "It's inspired by life," he says, "and takes turns that only come out of life."

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Halifax metro Pulse Research

Sing for the girls, but stay for the refuge

FILM

Star of musical romance says he connects with band role

Richard Crouse
For Metro Canada

Pete Townshend, guitar god of The Who, says he learned to play guitar and started a band for two reasons:

A: His nose. B: To meet girls.

About his nose he said, "It was huge. It was the reason I played guitar." He also noted that bands (even band members with large noses) "always got the best girls."

"It is definitely one of the things that inspires lads to play music," agrees *Sing Street* star Ferdia Walsh-Peelo.

Ask most male musicians why they joined a band and 99 out of 100 will tell you it was for one very simple reason, to meet women. Art, money and fame are often far distant second place to the lure of the opposite sex.

Such is the case with Conor (Walsh-Peelo) a 15-year-old school boy with a crush on Raphina (Lucy Boynton) in *Sing Street*, the new musical romance from Once director John Carney that plays like a spiritual cousin to *The Commitments*.

"I think that is the thing that gets Conor started and gets people started in pop music," he says. "Then you form the band and you find refuge in the music. It becomes more than just getting the girl. It's actually a way of coping when



Ferdia Walsh-Peelo and Mark McKenna star in *Sing Street*. CONTRIBUTED

“

I got into it after watching a million ridiculous '80s videos

Ferdia Walsh-Peelo

things are crap.

"I didn't have a great time in school and I went through all these similar kind of phases (as Conor). I remember seeing (the John Lennon biopic) *No Where Boy* and me and this other guy at school bought leather jackets, gelled our hair back and went into school. Bringing combs with us and doing our hair like in *Grease*. Looking like complete t—s run-

ning around town just doing mad stuff. It's all part of the process. Finding yourself and finding your voice."

Born and reared just 30 minutes outside Dublin in County Wicklow, in the film the young actor is the perfect picture of an '80s rock star, despite knowing next to nothing about the decade or the music when he signed on to play Conor.

"It was a huge learning curve," he says. "I hadn't reached that point where I was diving into '80s music. I suppose I was up to the late '60s. When I went into *Sing Street* I was playing bands and we were still in that place. I was listening to loads of country, music from Tennessee, skiffle music, bluegrass. I had been experimenting with loads of different kinds of music and

I got into the '80s stuff when we shot the movie.

"It took me a while but then I got into it after watching a million ridiculous '80s videos. I just got it," he says. "They just weren't taking themselves seriously at all. It was just that kind of era. It was all just mad, wasn't it? There was loads of horrendous stuff around at that time but there were a few gems. Hall and Oates are absolute gems of the pop stuff."

The musician-turned-actor also singles out The Cure and The Talking Heads as "great stuff," but says his heart lies in folk music.

"Folk music is always where it's been at for me. I played skiffle music with bands for the craic (fun) of it but when I came back, in my room I'd be listening to Joni Mitchell."

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Borealis is a little film about a roadtrip to Churchill, Manitoba. CONTRIBUTED

Growing up in front of the cameras

BOREALIS

Joey King is only 16, but she's been in some big films

Steve Gow
For Metro Canada



To steal an overworked epithet, Joey King is a rising star.

After all, the L.A. actress is hot off the hit TV series *Fargo*, recently been named one of today's top teen actors by *Variety* magazine and won best actress at the Vancouver Film Festival.

For many 16-year-olds, fame would go straight to their heads, but not King.

"Obviously, I let myself

have these moments," said King recently from California.

"You get excited and proud but it's never like I deserved that (because) to be honest, there's another girl who had an amazing performance elsewhere that also deserves it — I just happened to get recognized."

If she sounds uniquely humble, that's because Joey King is.

After all, at 16 she has accomplished more than most actors do in a lifetime.

From working in such thrillers as *The Dark Knight Rises* and *White House Down* to lining up an impressive array of hotly-anticipated movies — such as the sequel to 1996's sci-fi smash *Independence Day*, King has every excuse to be smug.

"I think that my mindset for how I think now comes

from growing up around adults," explained King, pointing out she's now a 12-year veteran in showbiz.

"Growing up around all these people that much wiser, more experienced in life than me — I've always just wanted to keep up."

Her humility certainly shines through in King's upcoming feature as well.

A quirky low-budget Canadian drama called *Borealis*, King is gaining praise for her refined portrayal of an estranged youth on a road trip to chilly Churchill, Manitoba, with her father (Jonas Chernick) to see the northern lights, before an illness steals her sight.

Not exactly the equivalent to working on a big Hollywood blockbuster.

"Being on a set like *Borealis* (and) *Independence Day*, the



Joey King, left, and Jonas Chernick star in *Borealis*. CONTRIBUTED

difference is unreal," laughed King insisting she doesn't have a preference over either experience.

"But a common theme among every film I work on is that everyone who is on the film — the crew members

behind the scenes, people on camera — they're all so passionate about the work they're doing.

"So big or small, it doesn't matter."

"I just love working with passionate people."

MORE ON KING

• **How Joey ended up in Manitoba:** King only discovered *Borealis* after filmmaker/star Jonas Chernick penned a four-page letter pleading her to join the cast. "It was just a beautifully-written letter and it was so sweet and I could just tell how much passion these guys had for their film," said King.

• **Biggest surprise about filming in Canada:** "My biggest surprise was that the (Assiniboine) Zoo let us use their polar bear sanctuary for one of our scenes and, with no questions, cleared out the polar bears," said King. "That could never happen in L.A."

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While pain is an obvious sign there's something wrong with somebody's body, lack of pain is one of the things that can make it difficult for people to know there might be something wrong with their teeth.

"Most forms of gum disease don't hurt," said Dr. Stacey Matheson, a board-certified periodontist and the owner of City Centre Atlantic Periodontics, a business limited to the treatment of gum disease, dental implants, TMD (jaw problems), and oral pathology services like biopsies.

According to the U.S.-based Centers for Disease Control and Prevention, more than half of American adults 30 and over have gum disease. Moreover, gum disease has been linked to several other diseases in the body.

"Gum disease is a disease like many other diseases in your body. They can't be cured, but they can be managed. The key to success is early detection and ongoing management," said Matheson.

To minimize the risk of gum disease, she recommends daily brushing and flossing, and



CONTRIBUTED

regular dental exams. People should be getting a comprehensive periodontal examination from their dental professional annually.

Matheson says some of the warning signs for gum disease are gums that bleed when one flosses or brushes, receding gums, bad breath, loose or separating teeth, a change in the way one's teeth fit together when they bite, and red, sometimes tender or swollen gums.

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Even if people brush their teeth at least twice a day and floss daily, and have the most impeccable hygiene, diet and genetics, they will still need to regularly visit a dentist.

"You can still develop problems like cavities and gum disease," said Dr. Lowell Shore, the senior doctor at Spryfield Dentistry.

Gum disease is especially a concern because people will lose their teeth if it's not looked after. Seeing a dental professional regularly will help people manage the condition.

By following the above brushing and flossing guidelines, and looking out for warning signs, people will be able to minimize the number of trips they pay to the dentist.

Shore says some of the things to look for with respect to tooth decay are a bad taste in the mouth and sensitivity to sweets (or possibly cold things).

For gum disease, the biggest warning sign is bleeding.

"There should be no bleeding in your mouth during brushing and flossing. However, some smokers may have gum disease,



CONTRIBUTED

but not show signs of bleeding," said lead hygienist Lisa Dagley.

Shore says the biggest oral cancer signs involve lumps in the mouth, things not tasting the way they should or discolouration. He says the tongue may have white spots on it or mouth tissues may have some purple discolouration.

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From 1961 to 1989 a wall literally and emotionally divided Berlin. Today, parts — sometimes covered in '80s graffiti — can be seen at Bernauer Strasse and the Mauermuseum. PHOTOS LOREN CHRISTIE FOR METRO

Traces of a city divided

Berlin is one of today's great art and cultural capitals. It also has a fascinating recent past, in part due to the wall that divided it for 28 years. **Loren Christie** spent 48 hours in this trailblazing city and reports back with a danke schön.

METRO CANADA



Berlin is a city with emotional intelligence; acutely aware of its place as ground zero for much of the troubled history of the 20th century while embracing its status as a political and cultural trailblazer in the 21st.

I recently spent a weekend in Berlin and despite my limited time and the city's size — 3.5 million people spread out over almost 900 square kilometres — I was able to get a sense of this grand city. It sounds unimaginative,

but the ubiquitous hop-on hop-off city tour is perfect for those on a schedule. The City Circle Tour includes a running commentary and has 18 stops including a couple around the Tiergarten, Berlin's massive inner city park and the former West Berlin downtown district of Charlottenburg.

The tour includes many references to the devastation of World War II and indeed the few pre-war buildings left standing are architectural stand-outs, but most of the

tour is focused on life between 1961 and 1989 when the Berlin Wall literally and emotionally divided the city. Checkpoint Charlie was the best known border crossing between East and West.

Today there is a small guardhouse left standing where you can get a Checkpoint Charlie stamp in your passport and have a photo taken with some character actor guards.

Across the street, the Mauermuseum tells the his-

tory of the Wall through photos, videos and newspaper articles.

The Brandenburg Gate, the site of Kennedy's "Ich bin ein Berliner" speech in 1963, is likely Berlin's most recognized monument.

It's a worthy photo stop and a short walk to many of the city's historic buildings, including the German Reichstag.

A broad boulevard lined with shops, the Kurfürstendamm is considered the

Champs-Élysées of Berlin. Skip the brand-name shops and go to the iconic KaDeWe department store. The sixth floor food stalls are foodie heaven and make a great lunch stop offering anything from traditional currywurst to fine French champagne and cheeses.

On my second day I squeezed in a visit to Bernauer Strasse where a large section of the wall still stands.

Sombre memorial plaques do an outstanding job ex-

plaining how brutal this period of history was for Berlin. It is best accessed via the Nordbahnhof subway station.

Don't miss the storyboards inside the station, which describe the ghost lines — West Berlin subway trains that passed through East Berlin.

The stations that once serviced the lines were shuttered to the East Berliners while anxious subway riders from the West trundled past the murky platforms lined with armed guards.

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PILGRIMAGE

London calling all Clash city rockers: Punk rock turns 40

From the Sex Pistols' rehearsal/living space to the scene of the Notting Hill riots witnessed by The Clash, if you're a fan of punk, London is a great place to set out on a pilgrimage to explore the neighbourhoods and locations that were its petri dishes.

First stop: Portobello Road to see the mural of Clash frontman Joe Strummer, which was painted after his death. The bustling market selling knickknacks, clothing and antiques while passers-by peer at their iPhones cre-

ates a stark contrast to Strummer's anti-establishment vibe.

From there, head to Tavistock Road, the street that inspired Strummer's White Riot, his call to arms after a West Indian carnival ended in violence in Notting Hill in the summer of '76.

The Rough Trade record shop opened in 1976 on Kensington Park Road. Today it's on Talbot Road, filled with vinyl and CDs, its walls and ceiling adorned with posters featuring The Clash, Sex Pistols and others.

Near the Tottenham Court



The Clash, Sex Pistols and Buzzcocks played the Screen on the Green cinema in 1976. JONATHAN ELDERFIELD/THE ASSOCIATED PRESS

Road tube you can find Denmark Street, once known as London's Tin Pan Alley. Behind the NO.TOM guitar shop there's a

tiny 19th century cottage where the Sex Pistols once lived. It's covered with graffiti created by the Pistols' John Lydon.

In Chelsea, at 430 King's Road, a giant "SEX" sign once hung outside a shop of the same name shared by McLaren, the Pistols' manager, and designer Vivienne Westwood. Next stop: Camden Market. Today this thriving collection of bars, restaurants, shops and stalls is overrun with shoppers, but on a ramp that's since been converted to steps, the Clash once posed for an iconic photograph.

Finally, head to the Islington neighbourhood, home to the Hope and Anchor pub, 207 Upper

St., and Screen on the Green, 83 Upper St. Hope and Anchor has a ground-floor pub, a small theatre space upstairs and music venue downstairs. The basement's roster has included The Jam, The Ramones, The Police, The Stranglers, XTC, The Cure, Joy Division and The Pogues.

Screen on the Green is one of the oldest cinemas in the U.K. The Clash, Sex Pistols and Buzzcocks played together there in 1976. It was the end of the long, hot summer when punk was born.

THE ASSOCIATED PRESS



Five signs that capture the humour of America

Some people snap selfies, landscape and nature pics or shots of important sites while on vacation. Others

have slightly quirkier taste in travel photography.

Here is travel writer Jennifer Allford's collection

of photos of signs, slogans and scribbles from across three American states that make her laugh.

1 Sante Fe — An artist has given a crosswalk sign in Santa Fe, N.M., the X-ray treatment.

2 Madrid — A T-shirt at the Mine Shaft Tavern in Madrid, N.M., backs the Brothers of Arthritis.

3 Tuscan — Graffiti adorns an abandoned stone hut at Gates Pass, just outside

Tucson, Ariz.

4 North Adams — Signs spotlight more unusual items in Hudson's store windows in North Adams, Mass.

5 Las Vegas — A store in Las Vegas issues a parking warning via its sign.

ALL PHOTOS JENNIFER ALLFORD/FORTORSTAR NEWS SERVICE

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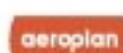
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Gonzaga sophomore Domantas Sabonis, son of Arvydas, has decided to skip the rest of his college career and declare for the NBA draft

NBL CANADA

'We're on our way': Canes dispel Miracles

The Halifax Hurricanes continue to pick up speed.

The Canes won 110-90 over the Moncton Miracles on Thursday night, improving their winning streak to four in front of 1,680 thrilled fans inside the Scotiabank Centre.

As a result, Halifax remains atop of the Atlantic Division with a 22-8 record. The Miracles are third in the division at 13-18.

"We played good team defence," Hurricanes guard Joel Friesen said following the game. "They're a team that likes to play really fast, so we basically tried to get back on defence and transition; clog the lanes."

Halifax took an early 23-19 lead after the first quarter but Moncton was able to keep it close, tying it up at 38-38 with just over three minutes left in the second quarter.

But the Hurricanes pulled away to a 48-44 lead at half-time and increased the gap to 80-67 by the end of the third quarter. The Miracles didn't have enough time in the fourth to catch up with Halifax main-



Canes guard Joel Friesen.

KRISTEN LIPSCOMBE/METRO

taining a 20-point lead through most of the final 12 minutes.

"We're on our way," said Friesen, who put up 17 points. "As long as we keep building on being more consistent over the next 10 games, we'll be ready for playoffs."

Centre Kyle Hunt led the Hurricanes with 24 points and 11 rebounds, while forward Mike Glover contributed 18 points and nine rebounds.

KRISTEN LIPSCOMBE/METRO

'Exciting day' ahead for Mooseheads

QMJHL

17th-place Halifax land No. 1-pick in June draft

Score one for the Halifax Mooseheads.

The municipality's major-junior team won the lottery for the 2016 QMJHL Draft on Thursday meaning they will select first overall June 4 at the Eastlink Centre in Charlottetown.

"We are thrilled to have the first overall pick in the draft," Mooseheads general manager Cam Russell said in a statement.

"It's going to be an exciting day for our organization and our fans and we are looking forward to selecting a very good hockey player."

The top pick came down to the Mooseheads, who finished 17th overall, and the Baie-Comeau Drakkar, who finished in 18th and last place.

The Mooseheads also hold the seventh, 15th, 20th, 23rd and 28th picks in the first two rounds and also have the eighth overall selection in the 2016 CHL Import Draft.

"This marks just the second time in franchise history that the Halifax Mooseheads will make the first selection at



Mooseheads celebrate a goal during the 2015-16 QMJHL regular season. JEFF HARPER/METRO

+ HERD NOTES

Former Mooseheads goaltender Eric Brassard inked his first professional contract this week.

Brassard, 20, signed on Tuesday with the Brampton Beast of the East Coast Hockey League, the affiliate team for the AHL's St. John's Ice Caps and NHL's Canadiens.

the draft," the statement on halifaxmooseheads.ca reads.

The Herd selected Etienne Drapeau first overall in 1994,

the team's inaugural season.

Former Mooseheads star Nathan MacKinnon, now with the Colorado Avalanche,

tweeted "Congrats!! Hopefully he won't hold out! :)" Thursday following the draft lottery.

The tweet was a joking reference to some top picks in the past who refused to join the team that drafted them, including MacKinnon, who was taken first overall by Baie-Comeau and then refused to report.

METRO STAFF WITH FILES FROM THE CANADIAN PRESS

IN BRIEF

Drouin scores in NHL return

Jonathan Drouin is already making the most of his second chance with the Tampa Bay Lightning.

Suspended by Tampa Bay for leaving an AHL assignment, Drouin scored the winning goal in his first NHL game in more

than three months and the Lightning clinched home-ice advantage for Round 1 of the playoffs with a 4-2 win over New Jersey on Thursday.

"It's been a weird season," Drouin said. "It feels great to be back up here playing hockey, the thing I wanted to do." THE ASSOCIATED PRESS

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IN BRIEF

Canada 10-1 after round robin at curling worlds

With an emphatic rout of the tournament host, Canada has sent notice that it's the team to beat heading into the playoffs at the men's world curling championship.

Kevin Koe's Calgary rink finished the round-robin in first place at 10-1, capping its run to the playoffs with a 7-2 win over Switzerland in Thursday's final draw.

THE CANADIAN PRESS

3-on-3 overtime format leading to less shootouts

The NHL is getting its wish with 3-on-3 overtime.

Far fewer games have been settled in the shootout this season following the introduction of the new overtime format. In fact, the NHL is on track to have 36 per cent fewer shootouts from last season, from 170 a year ago to something approaching 109 this year.

Overtime is settling games that go beyond regulation at about a 61 per cent clip this season.

THE CANADIAN PRESS



Jordan Spieth plays his second shot on the 11th hole at Augusta National on Thursday. ANDREW REDINGTON/GETTY IMAGES

Gamble lifts Spieth to lead

MASTERS

Defending champ shoots 6-under 66 in opening round

The shot was so risky that Jordan Spieth's caddy practically begged him not to try it Thursday in the Masters.

A great shot always beats a bad decision.

"That was one of the best shots I've ever hit in tournament competition given where it was," Spieth said of his escape from the pine trees on the 11th hole. "And I was laughing afterwards. That's how dumb the decision was, and pulled it off."

Spieth was coming off a birdie on the 10th that put him at 4 under and in the lead during a deceptively windy day at

+ OFF DAY

Top-ranked Jason Day dropped out of first-day contention after dumping his tee shot into the drink alongside the par-3 16th green. He limped back to the clubhouse at even-par.

Augusta National. He blocked his tee shot to the right on the 11th hole and didn't have many options. His ball was on the pine straw. By going through the widest gaps in the trees, he figured the best he could have done was punch it out to 100 yards or more from the green. His caddy, Michael Greller, at one point motioned back to the fairway.

Spieth picked the tiny gap in the trees.

"I would like, if anyone gets a chance, to go look at that

shot," said Spieth, who enters Friday with the lead after a bogey-free 6-under 66.

"Because Michael did everything in his power to call me off of hitting that shot. I had a 4-iron in my hands from about 210 (yards). And I had a gap where it had to rise over a tree, under another branch and split."

The shot came off perfectly, though there was one last moment where Spieth held his breath. The ball took a hard hop to the left when it reached the green, running fast toward the water. He bit his lip. He grit his teeth and said quietly, "Bite." It held up on the collar, and Spieth repeatedly slapped his thigh.

He had to make a seven-foot putt to escape with par.

Spieth's closest pursuers were Danny Lee and Shane Lowry, who both carded a 4-under 68. THE CANADIAN PRESS

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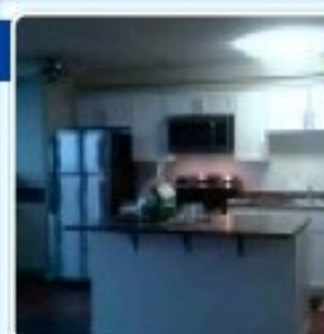
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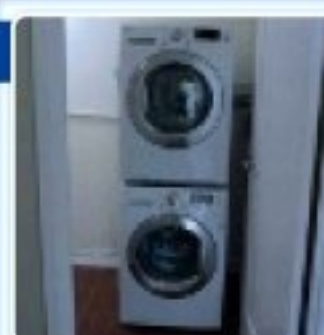
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**For those without a Metro,
the forecast calls for
“I dunno” with a slight
chance of “Huhhhh?”**



RECIPE Veggie Pot Pie



PHOTO: MAVA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

Who says vegetarian meals can't be comfort meals?

Ready in
Prep time: 15 minutes
Cook time: 30 minutes

Ingredients

- 4 Tbsp butter
- 1 1/2 lbs diced mushrooms
- 2 cups butternut squash, 1-inch cubes
- 2 stalks celery, sliced
- 1 cup frozen peas
- 1 onion, diced
- 2 cloves garlic, minced
- 1 Tbsp fresh thyme
- 1/4 cup flour
- 1 cup low-sodium vegetable broth
- 1/2 cup light cream
- salt and pepper to taste
- 1 x 397-gram package frozen puff pastry
- 1 egg

Directions

1. Allow puff pastry to thaw on the counter for one hour. Preheat

the oven to 400 degrees.

2. In a large pot, melt butter over medium heat. Put onion, garlic, squash, mushrooms, celery, thyme and pepper in pot and sauté for 12 to 15 minutes. Sprinkle flour over vegetables, stir and cook for 2 minutes. Add stock, cream and frozen peas and simmer for a couple minutes.

3. Roll out your puff pastry to 1/4-inch thinness. Cut into squares that will fit your ramekins and flop over the edges.

4. Place the ramekins on a cookie sheet and cook for 25 to 30 minutes until the crusts are golden. Allow to cool before serving.

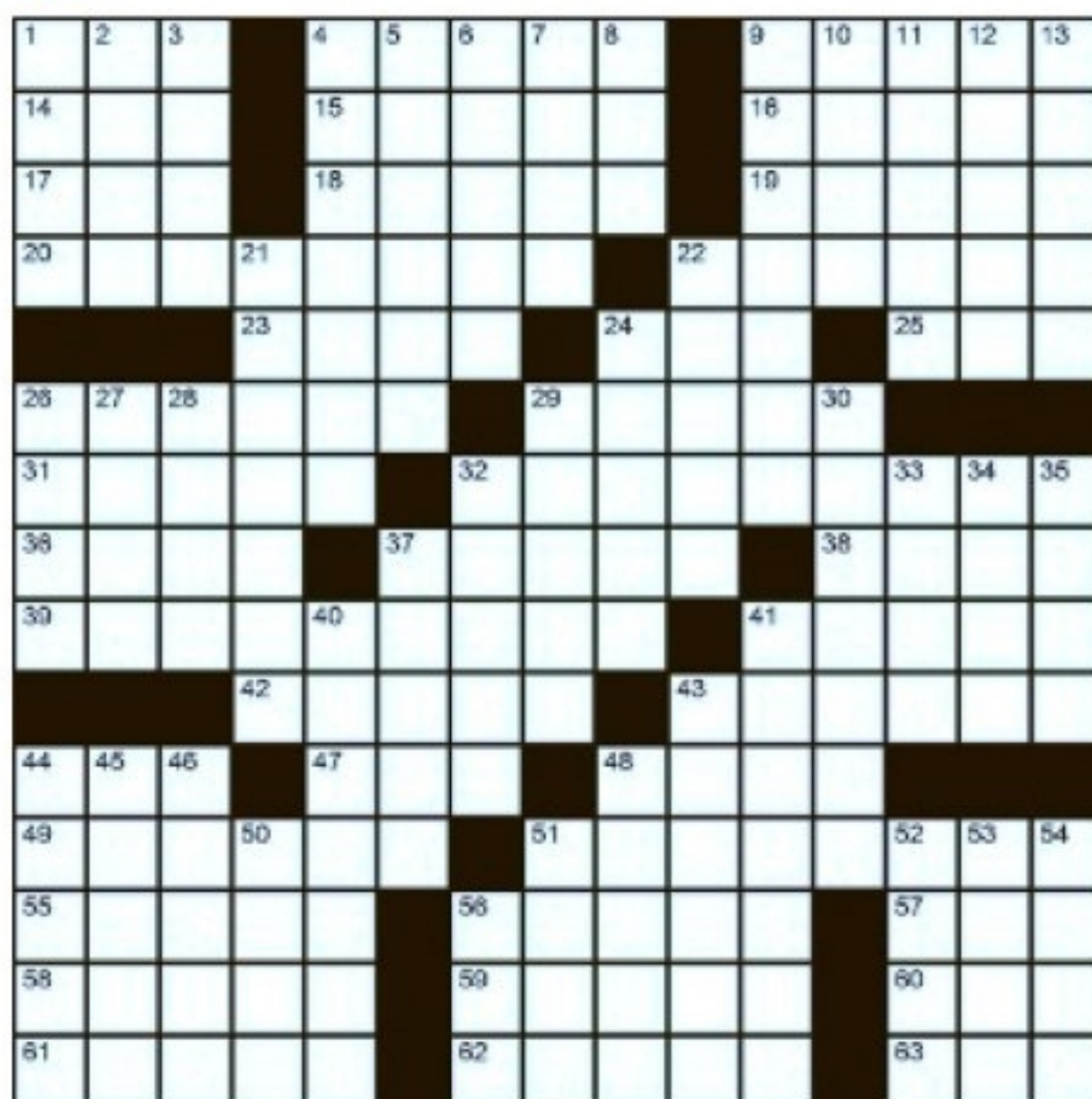
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Vitality
4. "Blue __ Shoes"
9. Receded, as tidewater
14. Red Cross mission
15. Invest with funding
16. Thousand: French
17. Alkali
18. Type of skirt
19. __ donna
20. Pitching-a-tent part of a provincial park
22. Window type
23. Acorns grow on them
24. Uncooked
25. Open with might
26. Inconvenience
29. Loved ones, in Spanish = __ queridos
31. Spew
32. The Battle of __ (The great victory, and sacrifice, of the Canadian Corps of April 9th to April 12th, 1917)
36. Molokai feast
37. Seal
38. " __ " ...cried the cat
39. Enduring
41. Shredded Wheat cereal stuff
42. Deli side orders
43. One creating too much motion on the pinball machine
44. Seer's skill, shortly
47. 51s ...ancient Rome style
48. Kind of apple
49. Urban __
51. Hat of Mexico
55. Ben Stiller's actress



- mother Anne
56. Costless: 2 wds.
57. Kitchen floors cleaner
58. Ewoks' forest moon home
59. Brenda __, Reporter (Classic comic strip)
60. Suffix with 'Glycer'

61. Rose to one's feet
62. Least best
63. Amount of the Roman Numeral X

DOWN

1. Accountant's tool, briefly
2. "Hey there!": 2 wds.

3. 'Ditto' in a footnote
4. Sprinkled seasoning that's fancier than the usual: 2 wds.
5. Different
6. Modifies magazines
7. Exhausted
8. Meadows mother

9. Give a boost of strength and confidence
10. Whirring sound
11. Sight in the sky over a sports stadium
12. " __ Gantry" (1960)
13. Darling
21. Arboreal mar-

- supials
22. Ms. Hannah
24. Send payment
26. Self-__ book
27. Flu symptom
28. Burn slightly in cooking
29. Road postings on posts
30. Resembling
32. Those of debating sides mostly conflict
33. Owed-money
34. Ex-VP Al
35. Something spouted
37. Garden gastropod
40. As per #32-Across... Walter Seymour __ (Toronto-born sculptor who designed the monument in France commemorating the Canadians who fought in The Great War)
41. Hazelnut
43. Lion __ (Circus performers)
44. Namesakes of Carlisle Cullen's wife in 'Twilight' movies
45. Like no-longer-in-the-account money
46. Museum attraction in Madrid
48. Succeed: 2 wds.
50. Suffix with 'Buck'
51. __ speak
52. Give off
53. Cycled
54. Sign on the store's door
56. Li'l Australian state

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is an excellent day for business and commerce. If shopping, you will appreciate what you buy. Trust your money-making ideas.

Taurus April 21 - May 21
Today the Moon is in your sign, dancing with lucky, moneybags Jupiter. It's a great day to plan a vacation or a social event. Enjoy playful times with children.

Gemini May 22 - June 21
This is a feel-good day, and you have a warm feeling in your tummy. Enjoy all your encounters with others, especially family and friends. Invite the gang over for a barbecue!

Cancer June 22 - July 23
This is a wonderful day to schmooze with friends and members of groups. You are high-viz now, and people easily admire you. Make the most of this!

Leo July 24 - Aug. 23
People in power (bosses, parents and teachers) are impressed with you today. For some reason, personal details about your private life are made public. Oh well.

Virgo Aug. 24 - Sept. 23
Do something to shake it up a bit, because you want to broaden your horizons today. Go someplace you've never been before. Travel if you can.

Libra Sept. 24 - Oct. 23
This is a good day to discuss touchy subjects about inheritances, taxes and debt. People are in a good mood and inclined to agree. Quite likely, you will benefit.

Scorpio Oct. 24 - Nov. 22
Relations with partners and close friends are smooth and friendly today. This is also a good day to deal with members of the general public.

Sagittarius Nov. 23 - Dec. 21
Co-workers are supportive today. Some of you will enjoy work-related travel. You can learn something new on the job that expands your experience of the world.

Capricorn Dec. 22 - Jan. 20
This is a party day for your sign! Make plans to enjoy fun diversions with others. Sports events, playful times with children and romantic liaisons will be fun and thrilling.

Aquarius Jan. 21 - Feb. 19
Real-estate deals will be excellent today. This is also a good day to do anything to improve your home or your relationship with family members.

Pisces Feb. 20 - March 20
Writers, editors, teachers and actors are favored today, because your communication skills are hot. It's easy to be in a positive frame of mind, because you're happy.

CONCEPTIS SUDOKU by Dave Green

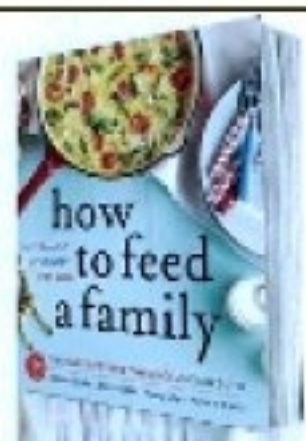
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